

Bí Cineálta – Be Kind

Anti-Bullying



Question Time?

- How do you think everyone in our school can make Loreto College Foxrock a happy and safe place for everyone? (Discuss with your tutors and your classmates)
- Maybe write some ideas on the whiteboard or pop some suggestions on a sticky note and leave them on the door on your way out?



One way is to keep our pledge



By signing the Pledge Book and sealing this with my handprint, I committed to making our school a happier place by treating everyone with real kindness and respect.





Use your school journal to discover more about our Bí Cineálta policy

Bí Cineálta
Charter p12

Bí Cineálta
Policy
Synopsis p13

Bí Cineálta
Flow Chart
p14

What is bullying?

- Bullying is defined in *Cineáltas: Action Plan on Bullying* and *Bí Cineálta: Procedures to Prevent and Address Bullying Behaviour for Primary and Post-Primary Schools* **as targeted behaviour, online or offline that causes harm.**
- The harm caused can be physical, social and/or emotional in nature.
- Bullying behaviour is repeated over time and involves an imbalance of power in relationships between two people or groups of people in society.

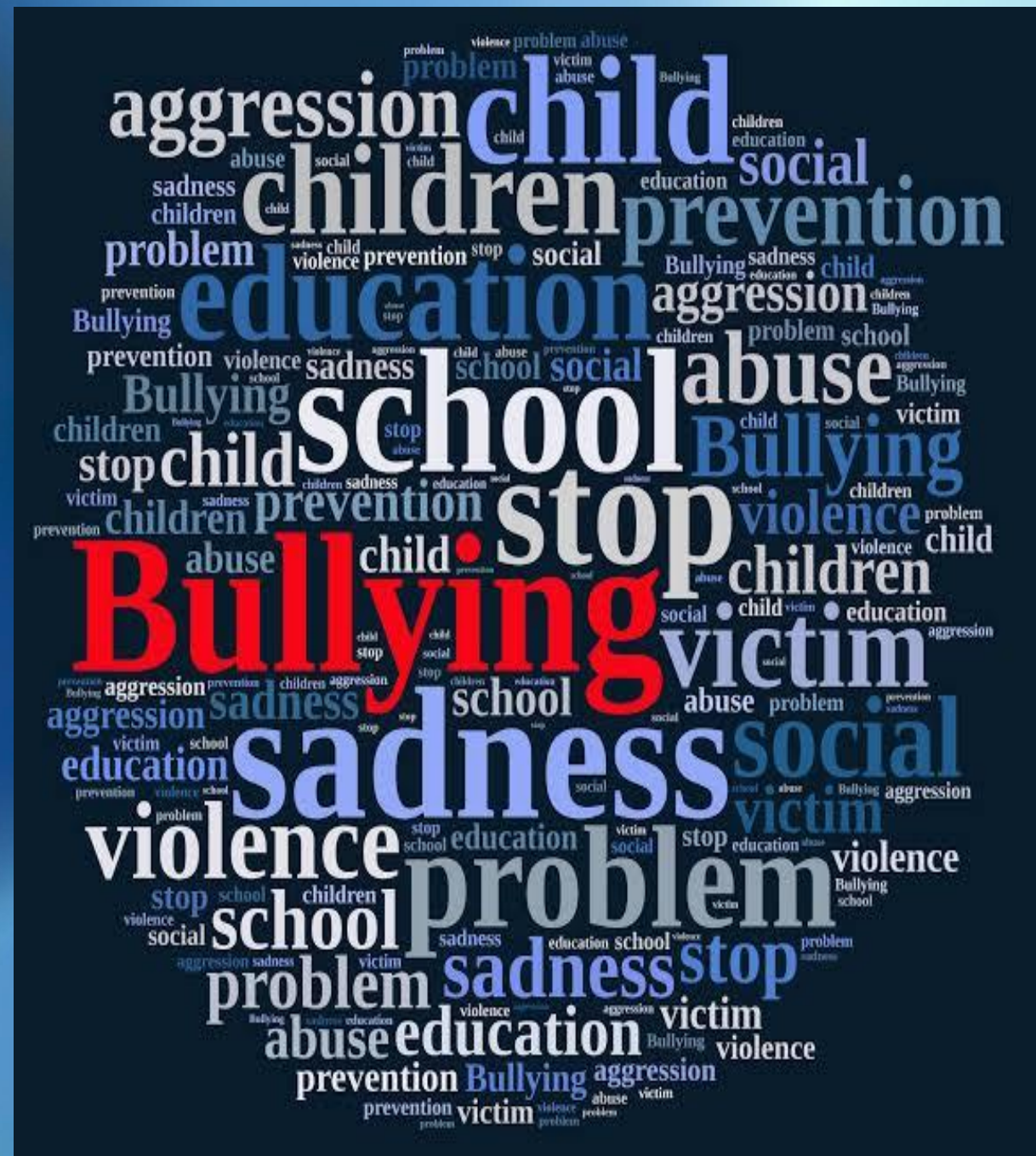
So basically, bullying is...

1. Deliberate

2. Hurtful

3. Repeated

Discuss with your tutor class what you think this means?
Or write it down on a piece of paper and hand it up to your tutor to read anonymously if you'd prefer.



9 grounds of discrimination

Equality legislation names nine areas for discrimination based on identity: gender (including trans-gender)

civil status

family status

sexual orientation

religion

age

disability

race

Membership of the Traveller Community

Aiming to be a discrimination-free organisation that does not tolerate bullying of any form

Each of us is unique, special, different and valuable.

Each of us has a responsibility to ensure everyone is respected.

Each of us has a duty to stand up for others and ensure no one is bullied.

Each of us needs to work together and create discrimination-free communities.

THERE ARE 9 GROUNDS OF DISCRIMINATION ILLEGAL IN IRELAND.

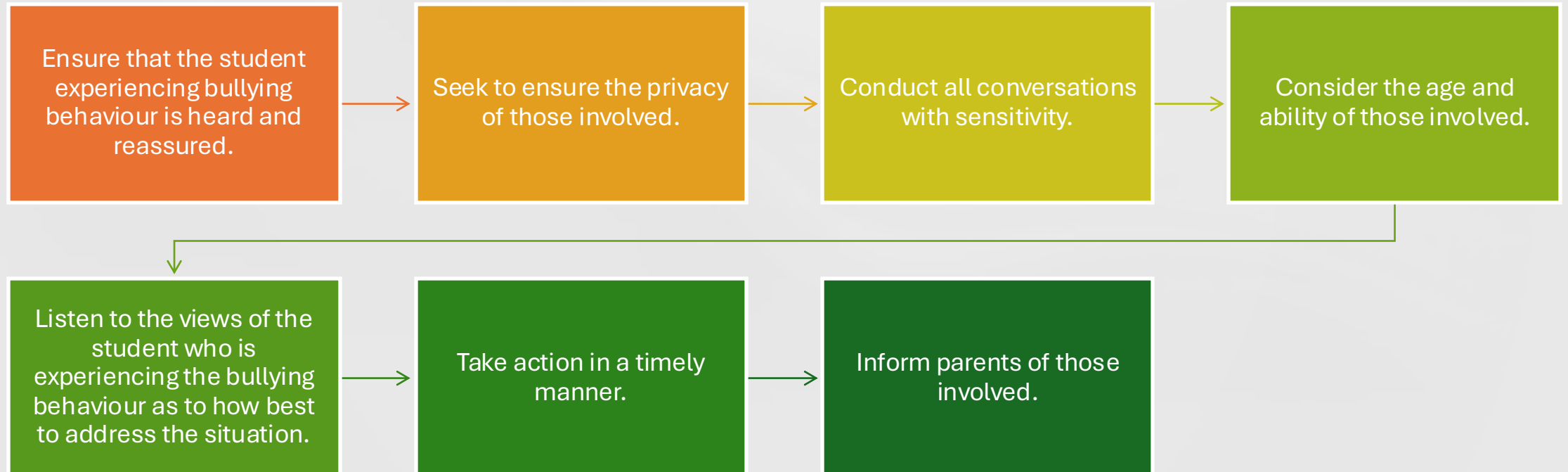


RACE

Irish Girl Guides is an inclusive organisation and diversity is welcomed, respected and encouraged. IGG does not discriminate based on race, ethnicity or cultural identity.

The Irish Girl Guides is committed to promoting interculturalism throughout the organisation for youth members, volunteers and staff. IGG believes that valuing and managing diversity is about recognising and appreciating individual needs and differences and treating everyone with dignity and respect. By creating an understanding of diversity through our programmes and badges, IGG can contribute to increased understanding in society.

When bullying behaviour occurs, the school will:



What constitutes bullying?

- Bullying includes physical, verbal, social, and cyber actions. Each form uses aggressive behaviour to harm or control someone else.
- Some types of bullying include:

Physical Bullying

- Hitting, kicking, or pushing
- Tripping or pinching
- Stealing or breaking personal items



Types of bullying

Verbal Bullying

- Name-calling and insults
- Hurtful teasing or taunting
- Threatening harm

Social Bullying

- Leaving someone out on purpose
- Spreading rumours
- Telling others not to be friends with someone



Cyber bullying



SENDING MEAN TEXT
MESSAGES OR EMAILS



POSTING EMBARRASSING
PHOTOS OR VIDEOS ONLINE



CREATING FAKE ACCOUNTS
TO MOCK SOMEONE

Cyber Bulling Continued

- It involves any unwanted negative reference, comment, discussion, posts, images, code names, photographs, targeted exclusions, invitations to comment etc.



Online
bullying is
not
forgotten –
not even
digitally

Remember your digital footprint is forever and is never completely private – sharing viewpoints and images should be considered very carefully....

Would you want your parents, school principal or future employer to see this??????

Some examples of what this means

Harassment: the sending of vicious, mean or disturbing message(s) to or about an individual

Denigration: Spreading rumours, lies or gossip to hurt a person's reputation

Impersonation: Posting offensive or aggressive messages under another person's name

Flaming: Using inflammatory, vulgar or crude words to provoke an online fight

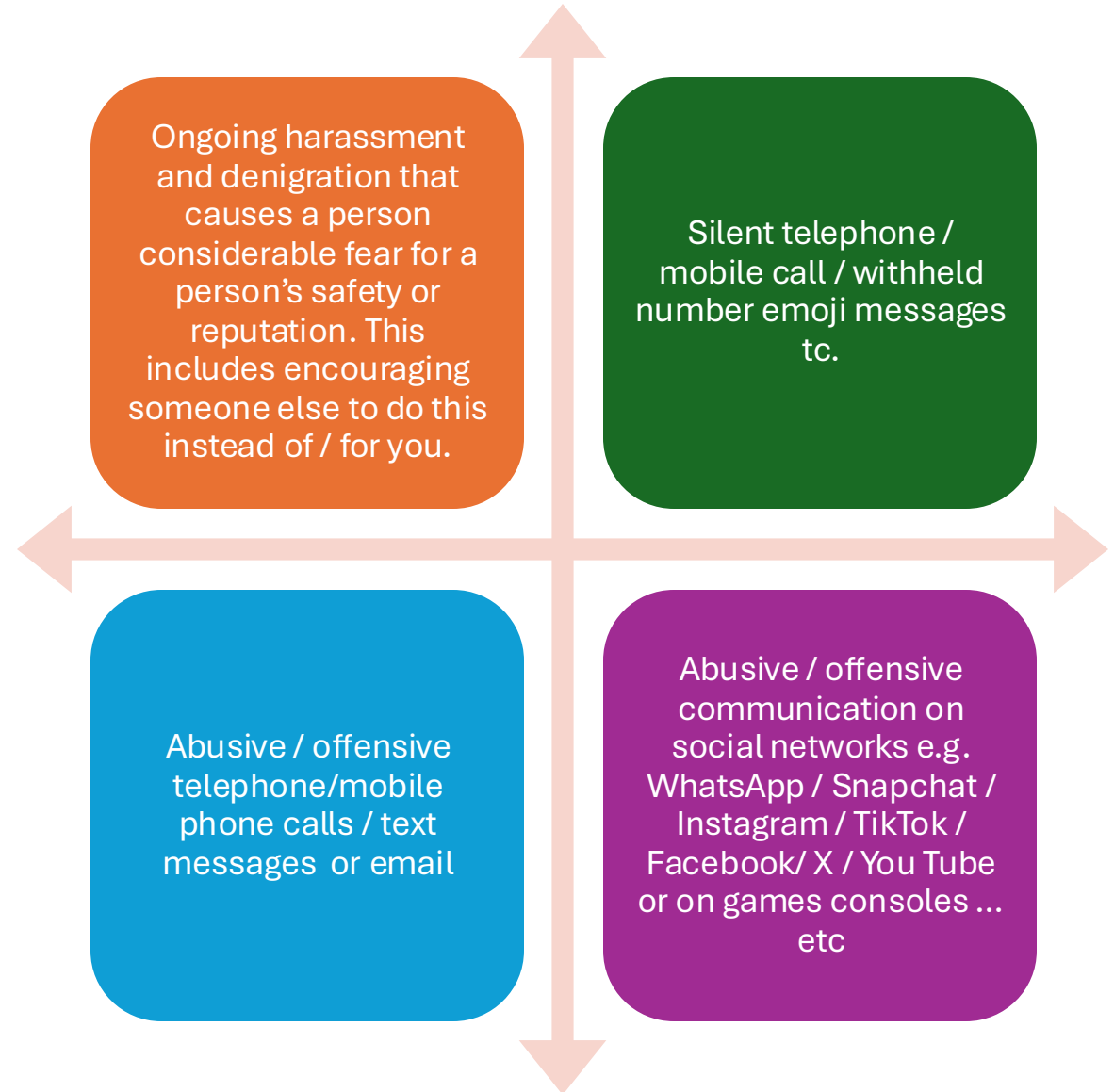
Further examples of cyber bullying

Trickery: Fooling someone into sharing personal information which you then post online

Outing: Posting or sharing confidential or compromising information or images or photographs

Exclusion: Purposefully excluding someone from an online group; making sure no one in the group responds to a specific person's posts; setting up a separate group deliberately

Cyber stalking



Remember – and this may surprise you....



Placing a one-off offensive or hurtful public message, image or statement on a social network or other public online forum where that message or statement can be viewed and / or repeated by other people will be regarded as bullying behaviour.



If bullying occurs outside of school, although not a direct school issue, if the bullying continues or spills into the school it will be handled under the Bi Cinealta policy of the school.

Bullying can sometimes go unnoticed if you have not been made aware of it.



It can be brushed off, unrecognized, or mixed up as something else.



Sometimes students do not want to tell someone that they are being bullied.



65% of young people who are bullied don't tell an adult about it.

Learn to spot the signs of bullying.

Visible signs of anxiety and distress.

Targets may not want to say what is wrong.

Unexplained bruising and cuts.

Damage to property.

Drop in school performance on tests.

Excuses for not wanting to attend school.

Lowered confidence/self-esteem.

Difficulty sleeping.

Repeated complaints of illness.

Skipping after school sports.

Relational: means bullying by manipulating relationships through:

- Malicious gossip

- Isolation

- Excluding from a group

- Taking someone's friends away

- 'Bitching'

- Spreading rumours

- Breaking confidences

- Body-shaming

Further examples

Talking loud enough so that the victim can hear

- The 'look' or 'filthies'

- Encouraging others to ignore/target an individual or group

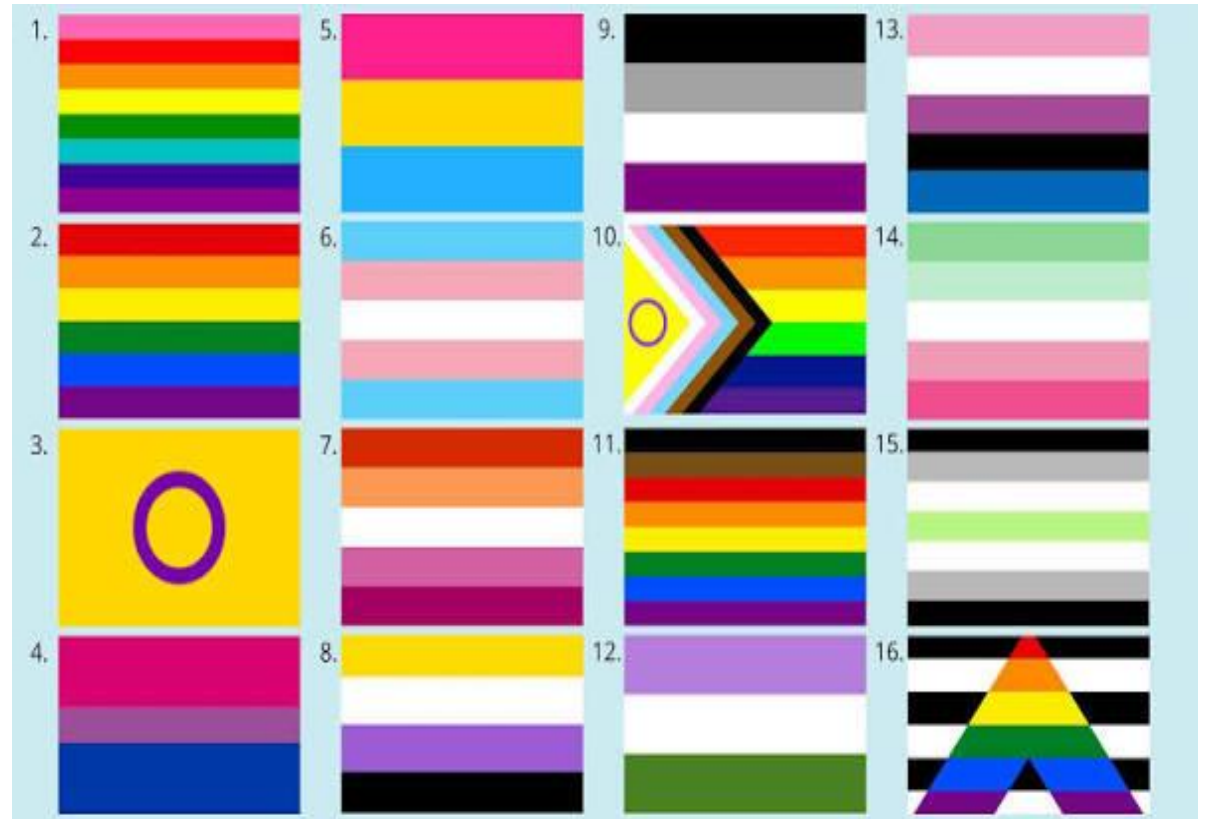
- Fake niceness

- Use of terminology in a derogatory or insulting way

Discuss some of these. Can you suggest others to be included?

Sexuality / Gender based / Homophobic and Transgender

- Unwelcome or inappropriate sexual comments or touching
- Harassment or malicious teasing
- Spreading rumours about a person's sexual orientation or gender identity
- Name calling
- Threats or intimidation
- Other?



In a nutshell...



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**I'VE LEARNED THAT PEOPLE WILL
FORGET WHAT YOU SAID, PEOPLE
WILL FORGET WHAT YOU DID, BUT
PEOPLE WILL NEVER FORGET
HOW YOU MADE THEM FEEL.**

– MAYA ANGELOU

Use your journal now and find the following...

Can you find...



The Bi Cinealta Anti Bullying Charter



A Student Friendly Anti Bullying Policy Synopsis



Student Anti Bullying Policy Flow Chart

Useful anti bullying websites – check them out with your tutors!

- <https://spunout.ie/life/bullying/types-bullying/>
- <https://tacklebullying.ie/>
- <https://antibullyingcentre.ie/fuse/>

